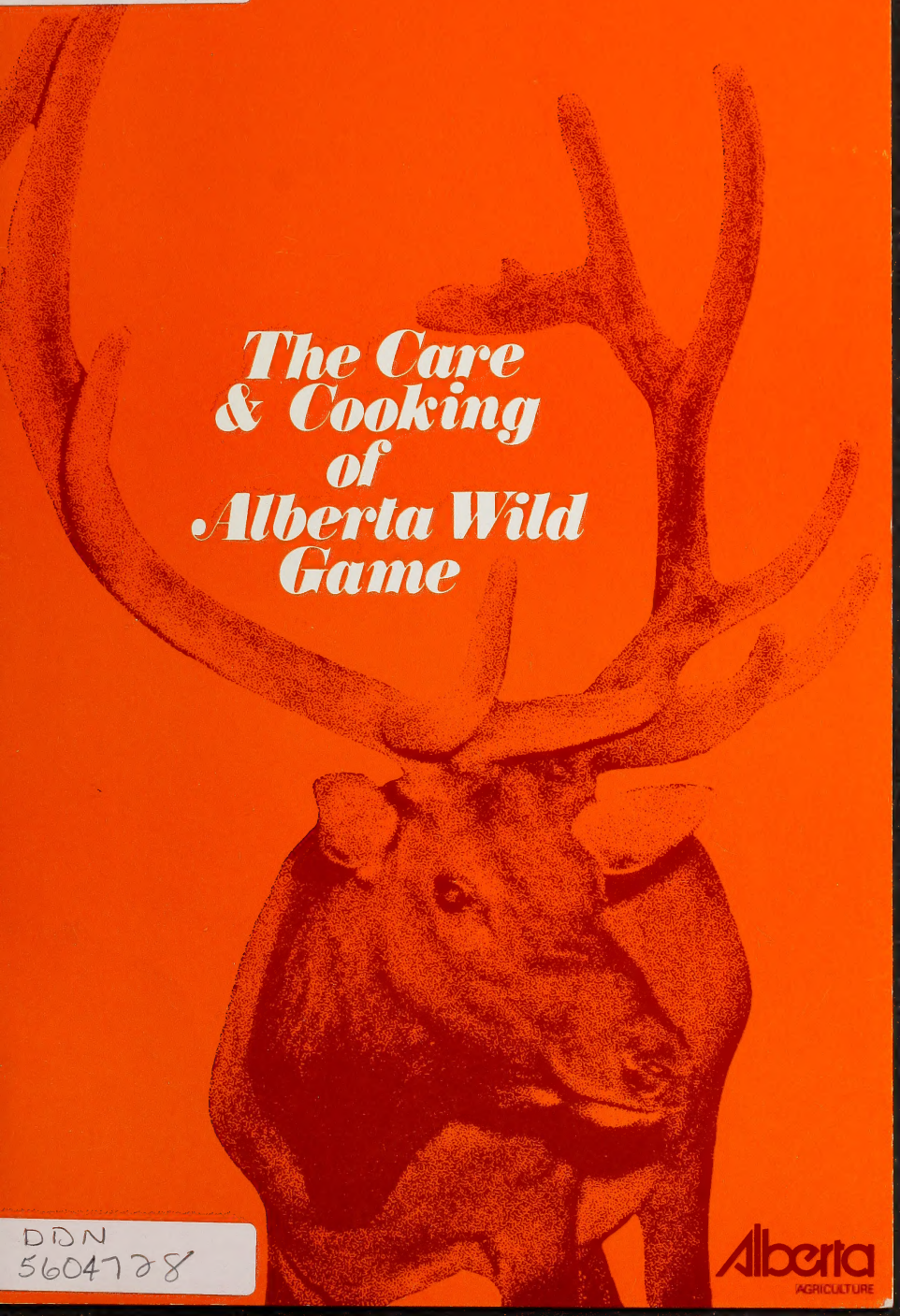
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The Care & Cooking of Alberta Wild Game



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The Care & Cooking of Alberta Wild Game

Prepared in co-operation by
ALBERTA ENERGY AND NATURAL RESOURCES
FISH AND WILDLIFE DIVISION
and
HOME ECONOMICS BRANCH
ALBERTA AGRICULTURE
Recipes Tested by
HOME ECONOMICS LABORATORY
ALBERTA AGRICULTURE

FIELD CARE OF BIG GAME

When you set off on a hunting trip, be sure to take the equipment you will need to give the kill prompt, careful field care. The immediate dressing, skinning and quartering of the animal discourages spoilage and ensures good quality meat.

1) Bleeding the animal is unnecessary unless it was killed by a head shot. To bleed, cut the animal at the point of the brisket below the "cape".
2) Remove the musk glands from animals in the deer family. These glands can be identified by long tufts of hair on the inside hind legs. Clean the knife before proceeding.
3) Cut around the "cape" and through the muscle to the neck bones. Remove the head by twisting and breaking it off unless you wish to retain it for evidence of sex as required by the wildlife regulations.
4) Cut around the anus then forward through the skin and abdominal muscles to the breastbone. Slide knife to one side of the sternum. Cut through ribs and up to neck.
5) Starting at the neck, pull out the esophagus, windpipe, heart and lungs toward the rear. Free the diaphragm by cutting it away from the chest wall. Free and roll out the entrails. Remove anus by pulling through the inside. Save the liver and heart if desired. (Livers are often discolored with excess fat deposits during the rut.)
6) Drain the blood from the body cavity. Wipe the cavity with a clean cloth.
7) Trim away any flesh damaged by gunshot.
8) Keep hair from touching meat.

IN CAMP:

9) Hang the carcass by the legs. Remove skin (be sure to leave some evidence of sex attached to the animal, i.e. half of the mammary gland or a testicle) and open chest cavity by spreading it with a stick.
10) A large animal must be skinned and quartered as soon as possible to cool it quickly. A smaller animal such as a deer can be left with the skin on to prevent drying and crusting of the meat.

 To halve the carcass, cut through the backbone with a saw or axe. Quarter by cutting between the last two ribs and through the backbone.
11) The liver and inner tenderloin may be used immediately. The rest of the carcass must hang at refrigerator temperature (4°C) for a week to 10 days before cutting. Hanging permits the muscle fibres to break down and become more tender. Cover the meat with cheesecloth. Keep heavy objects off the carcass.

 In Alberta, it is illegal to hang an ungraded carcass in the same refrigerator as a graded one. Although locker plants or butcher shops can cut, wrap and freeze your meat and make hamburger and sausage, they will be unable to hang the carcass for you unless they have separate facilities.

"WILD" FLAVOR

Meat from young animals has a milder flavor than that from older, more active animals. The "wild" flavor of meat is particularly strong during rutting or mating season.

There are several things you can do if you find the "wild" flavor unpalatable.

- Avoid bagging male animals during rutting season:
 Deer, sheep, goats - last week in November and first week in December
 Elk, antelope - last week in September
 Moose, caribou - first two weeks in October
- Most of the "game" flavor is found in the outside crust of dried meat and fat. Trim this away before cooking.
- Soak the meat overnight in a salt brine of 15 mL salt to 1 L water or a vinegar solution of 250 mL vinegar to 1 L water. This will remove the "game" flavor but the meat will be flavorless and waterlogged.
- If the meat is objectionably strong, have it made into sausage.

COOKING GAME

Game meat is dark in color, lean and dry. Wild animals are active and accumulate less fat than domestic animals.

When cooking roasts or steaks, remove any dried fat and add beef or pork fat during cooking. Follow cooking times closely since the dark color of game makes it difficult to tell when it is fully cooked.

ROASTING TENDER CUTS

Game may be browned before roasting but this is really not necessary because of the characteristic dark color of the meat. Wipe meat with a clean, damp cloth.

Lard meat or lay strips of bacon over it. To lard, use bacon or strips of beef suet cut in 5 mm strips. Insert a larding needle or small, sharp knife into the meat with the grain. Slip the fat into the tunnel; then, holding the slit closed, slip the knife out. Repeat at 3 cm intervals.

Roast, uncovered, at 140° to 150°C for 1.5 to 2 h/kg.

You can expect about 25 per cent of the weight to be lost in shrinkage. Although there are some drippings, there are not usually enough to make a good gravy. Plan to have beef bouillon or gravy mix on hand.

POT ROASTING

Wipe meat with a clean, damp cloth. Use a heavy pot, and melt enough fat in it to barely cover the bottom of the pan. Brown the meat on all sides, then cover the pot and bake at 140° to 150°C. Allow about 2 h/kg of meat.

You may add seasonings and peeled, sliced vegetables to the pot during the last hour if you wish (e.g. potatoes, carrots, small whole onions).

BARBECUED ROAST

- 2 kg venison roast
- Salt and pepper
- 50 mL fat
- 2 cloves garlic, chopped
- 1 stalk celery, chopped
- 50 mL vinegar
- 100 mL catsup
- 50 mL **Worcestershire sauce**
- 1 mL chili powder (optional)

Wipe meat with a damp cloth; season with salt and pepper. Melt fat in a heavy pan. Add roast and brown on all sides. Add garlic and celery.

Combine vinegar, catsup, Worcestershire sauce and chili. Add water to make 250 mL of liquid. Pour over roast. Cover and cook at 140° to 150°C for 3 h, or until tender.

Remove roast and, if desired, thicken liquid with flour to make a gravy.

8 to 12 servings.

BROILED STEAK WITH FLAVORED BUTTER

Meat should be cut at least 3 cm thick. Place the broiling rack about 15 cm from the broiler unit.

Broil until the meat is still pink inside, but not "bloody." (Allow about 10 minutes per side). Be certain to watch carefully because the meat will be very dry and tough if overdone.

When meat is almost cooked you may wish to brush the steaks with flavored butter.

FLAVORED BUTTER FOR BROILED STEAK

- 125 mL butter or margarine
- 10 mL lemon juice
- Dash pepper
- 2 mL garlic salt or onion salt

Cream together until smooth. If desired, instead of garlic salt or onion salt, substitute 2 mL salt and 1 mL dried parsley.

MARINATED ROAST

You may marinate any cut:

Mix: 1 part vinegar or lemon juice
3 parts salad oil

Add spices in any combination you wish:

bay leaves	celery seed	garlic
carrot slices	cloves	parsley
celery slices or leaves	dill seed	thyme

Start with a total of about 2 mL spice to 500 mL marinade; add more if you wish.

A dash of garlic powder with 1 mL dill seed will give the meat a very subtle flavor.

Use 250 mL marinade/kg of meat and soak in a covered bowl, turning from time to time. Twelve hours is plenty of time. The meat will be slightly dark on the surface due to exposure to air.

After marinating, roast as usual. You may wish to use the marinade to baste during roasting.

SPANISH STEAK

1 kg venison chuck steak
Flour for dredging
50 mL oil
2 medium onions, sliced
10 mL salt
2 mL pepper
1 can (398 mL) tomatoes
1 green pepper sliced

Have chuck steak cut 3 to 5 cm thick. Dredge with flour and brown in oil. Add onion, salt, pepper and the juice from the tomatoes. Cover closely and simmer 2 h, adding more water if necessary.

Add tomatoes and green pepper; simmer for 1 h.

6 servings.

BRAISED VENISON CHOPS

4 thick venison chops
2 slices bacon
25 mL oil
1 Spanish onion
Salt and pepper
2 mL savory
250 mL consomme
15 mL lemon juice

Remove fat from chops. Wipe with a damp cloth. Cut slits in sides of chops; dice bacon and insert in slits.

Heat oil in skillet; brown chops on both sides. Drain off fat.

Pare and slice onion; place over chops. Season with salt, pepper and savory. Add consomme and lemon juice. Cover and simmer 1 h, or until tender.

VARIATION: Instead of consomme, try another soup, tomato juice or bouillon.

4 servings.

ROULADEN

500 g boneless round or chuck venison steak
4 slices bacon
4 large or 8 small thin slices dill pickle
2 mL salt
0.5 mL pepper
15 mL flour
15 to 30 mL sour cream (optional)

Divide meat into 4 steaks. Pound to a thickness of 1 to 2 cm.

Cook bacon until golden but not crisp; reserve 15 mL drippings.

On each steak, place 1 slice of bacon and 1 or 2 slices dill pickle. Roll steaks jelly-roll fashion and tie with a string. Add to reserved drippings and brown on all sides.

Add salt and pepper, and enough water to make about 1 cm in the skillet. Cover and simmer gently until tender, (about 2 h) adding more water if needed.

Blend about 50 mL cold water with the flour and stir into gravy to thicken. Stir in sour cream, if desired, just before serving.

NOTE: You may wish to use a different filling, e.g. grated cheese with parsley or a bread stuffing.

Vegetables may be cooked in the skillet with the meat, e.g. potatoes, carrots or celery.

4 servings.

CAMPFIRE STEAK

1 envelope (45 g) dry onion soup
1 venison round steak (about 500 g to 1 kg)
10 mL water
3 - 6 carrots, peeled and sliced (optional)

Use a piece of heavy foil that is large enough to wrap around your steak and overlap about 5 cm. Lay it flat and sprinkle half the onion soup onto it. Lay the unsalted meat on top and sprinkle with the rest of the soup. Add water and carrots, if desired. Fold the foil tightly around the meat and seal by folding the edges over together 2 or 3 times so the juices cannot escape.

Bake in the hot coals of the campfire or in the oven at 230°C for 1 h or until tender. Test by folding back foil carefully and piercing meat with a sharp fork.

If sealed well, your steak will be tender and moist.

3 to 6 servings.

GOULASH

- 1 kg venison chuck, cubed
- 15 mL oil
- 250 mL chopped onion
- 1 mL garlic powder
- 2 bay leaves
- 1 can (213 mL) tomato sauce
- 15 mL sugar
- 15 mL paprika
- 25 mL vinegar
- 10 mL Worcestershire sauce
- 500 mL boiling water
- Dash pepper
- 125 mL cold water
- 25 mL flour
- 25 mL sour cream (optional)

Brown meat in hot oil. Add onion, garlic powder, bay leaves, tomato sauce, sugar, paprika, vinegar, Worcestershire sauce, boiling water and pepper. Cover and simmer until meat is tender (about 1.5 to 2 h). Remove bay leaves.

Blend cold water and flour; stir into meat mixture. Cook and stir until thickened.

If desired, stir in sour cream just before serving.

Serve over noodles.

8 servings.

ALBERTA GOULASH

- 25 mL oil
- 1 small onion, sliced
- 500 g venison stewing meat, cubed
- Boiling water
- 3 mL salt
- 1 mL pepper
- 1 bay leaf
- 2 whole allspice OR 1 mL ground allspice
- 50 mL cold water
- 15 mL flour
- 2 mL paprika
- 15 to 30 mL sour cream (optional)

In 15 mL of the oil, sauté onions until golden brown; remove from pan and set aside.

In remaining oil, brown the meat well on all sides.

Add enough boiling water to just cover the meat. Add salt, pepper, bay leaf, allspice and sautéed onions. Cover and simmer gently until meat is tender (about 1.5 to 2 h), adding more water if necessary.

Blend cold water and flour until smooth. Stir into gravy. Continue to cook, stirring constantly until thickened. Stir in paprika and sour cream (if desired). Before serving remove bay leaf and whole allspice.

4 servings.

BULLWINKLE STEW

500 g venison, cut in cubes
30 mL flour
15 mL fat
500 mL boiling water
125 mL chopped onion
1 small clove garlic
2 mL paprika
5 mL sugar
7 mL salt
125 mL tomato juice
2 mL Worcestershire sauce
125 mL sliced celery
125 mL sliced carrots
250 mL cubed potatoes

Dredge meat in flour and brown in hot fat.

Add water, onion, garlic, paprika, sugar, salt, tomato juice and Worcestershire sauce. Cover and simmer 1 h, or until meat is almost tender. Add more water if necessary.

Add celery, carrots and potatoes. Cook until tender. Remove garlic.

If desired, thicken gravy with a flour paste (30 mL flour mixed into 125 mL cold water).

4 servings.

VENISON BURGER LOAF

500 g ground venison
50 mL chopped onion
25 mL chopped parsley
25 mL grated Parmesan cheese
2 mL salt
1 mL pepper
2 mL oregano
125 mL bread crumbs
2 eggs
250 mL milk
250 mL tomato sauce

Mix together all ingredients except tomato sauce. If the mixture seems "crumbly" add a little more milk.

Press mixture into a 1.5 L loaf pan (20 cm x 12 cm) and bake at 180°C for 45 min. Pour sauce over meat loaf and bake another 20-30 min.

VARIATIONS: Pat the mixture to a rectangle about 1 to 2 cm thick. Sprinkle with 50 mL grated cheese; lay 1 or 2 stalks celery, split lengthwise, at one end. Roll up jelly-roll fashion. Place in pan and bake.

TRY OTHER FILLINGS:

mushrooms
cooked, diced bacon
dill pickles
relish
bread stuffing
sausage

This mixture is also good made into patties or meat balls.

BROILED BURGER PATTIES

Shape the patties small to medium - about 10 cm in diameter and 2 cm thick. Set rack about 15 cm from heat and broil about 5 min per side.

4 servings.

MACARONI-VENISON CASSEROLE

250 mL raw elbow macaroni (500 mL cooked)
2 eggs
50 mL chopped onion
15 mL chopped parsley
5 mL salt
5 mL Worcestershire sauce
1 mL sage
1 mL pepper
1 mL curry
1 mL thyme
125 mL whole bran cereal or rolled oats
500 g ground venison
1 can (213 mL) tomato sauce

Cook macaroni, according to package instructions; drain.

Beat eggs and stir in onion, parsley, salt, Worcestershire sauce, sage, pepper, curry and thyme. Stir in cereal. Add meat, tomato sauce and macaroni. Combine well.

Press into a 2 L baking dish or loaf pan.

Bake, covered, at 190°C for 1 h.

If desired, serve with a sauce, e.g. cheese sauce, cream of celery or cream of tomato soup.

6 servings.

MEATBALL PINTO STEW

250 mL dry pinto beans or lima beans
1 L cold water
50 mL flour
1 can (540 mL) tomatoes, cut up
500 mL sliced carrots
125 mL chopped onions
10 mL salt
50 mL dry bread crumbs
50 mL milk
1 mL Worcestershire sauce
500 g ground venison

Rinse beans; add water and bring to a boil. Boil 2 min. Remove from heat and let stand, covered, for 1 h. Return to heat; bring to a boil. Reduce heat and simmer gently for 1 h.

Combine flour with 125 mL juice from canned tomatoes. Add to beans; cook and stir until thickened.

Place in baking dish or bean pot. Add remaining tomatoes, carrots, onions and salt. Cover and bake at 190°C for 1 h, stirring occasionally.

Meanwhile, combine crumbs, milk, Worcestershire sauce and meat; shape into very small meatballs. Add to stew; cover and bake another 45 min.

6 servings.

CORN-BREAD CASSEROLE

500 g ground venison
125 mL chopped onion
15 mL flour
1 can (284 mL) condensed tomato soup
250 mL water or stock
1 mL pepper
5 mL salt
10 mL chili powder
1 can (341 mL) kernel corn, drained
125 mL chopped green pepper

TOPPING

175 mL corn meal
25 mL flour
15 mL sugar
2 mL salt
7 mL baking powder
1 egg, beaten
75 mL milk
15 mL oil or melted shortening

Brown meat in a skillet. Add onion and cook until transparent. Sprinkle with flour. Stir in soup, water, pepper, salt, chili powder, corn and green pepper. Simmer 15 min.

Meanwhile, mix cornmeal, flour, sugar, salt and baking powder. Combine egg, milk and oil. Add to dry ingredients and stir just until blended.

Place meat mixture in a baking dish; spoon on topping. Bake at 220°C for 20 to 30 min.
6 servings.

VENISON CHILI

6 slices bacon
500 g ground venison
250 mL chopped onion
1 can (398 mL) kidney beans, undrained
1 can (540 mL) tomatoes, chopped
10 mL chili powder
5 mL salt
1 mL pepper

Cut bacon into small pieces and place in a heavy pot. Brown until crisp. Add venison and cook until brown, stirring frequently.

Stir in remaining ingredients. Cover and simmer 2 h, stirring occasionally. Add water if necessary.

VARIATION: Add sliced celery or green pepper. For a stronger flavor, increase chili powder.

4 to 5 servings.

RECIPES USING COOKED MEAT

PAPRIKA VENISON

- 15 mL oil
- 50 mL chopped onions
- 1 can (284 mL) cream of celery soup
- 50 mL milk
- 10 mL paprika
- Dash curry
- 375 mL diced, cooked venison
- Salt and pepper to taste

Heat oil in heavy pan; sauté onions until golden. Gradually stir in soup and milk until smooth. Add paprika, curry and venison. Heat thoroughly (do not boil). Add salt and pepper if desired.

4 servings.

CREOLE VENISON

- 25 mL margarine
- 15 mL chopped green pepper
- 15 mL chopped onion
- 50 mL flour
- 375 mL consomme
- 1 can (213 mL) tomato sauce
- 2 mL salt
- Dash pepper
- 2 mL paprika
- 5 mL lemon juice
- 2 mL horseradish (optional)
- 500 mL diced, cooked venison

Melt margarine in a heavy saucepan. Sauté green pepper and onion until tender but not browned. Blend in flour. Stir in consomme, tomato sauce, salt, pepper, paprika, lemon juice and horseradish, if used.

Cook and stir until the sauce is smooth. Add the meat and heat thoroughly.

4 servings.

MEAT PIE

- 500 mL diced, cooked venison
- 500 mL cooked, diced vegetables
- *375 to 500 mL leftover gravy
- 2 mL salt
- Dash pepper
- 2 mL savory
- 2 mL thyme
- 500 mL mashed potatoes (2 to 3 medium)
- 15 mL butter or margarine
- Dash paprika (optional)

Combine meat, vegetables and enough gravy to make a slightly runny mixture. Add seasonings.

Top with mashed potatoes. Dot with butter and sprinkle with paprika, if desired.

Bake at 200°C until heated through and potatoes are brown (about 45 min to 1 h).

* If gravy is not available, dissolve 2 bouillon cubes in 250 mL boiling water. Thicken with 30 mL flour mixed with 125 mL cold water. Omit salt.

4 servings.

MEXICAN STYLE HASH

500 mL diced, cooked venison
125 mL chopped onion
15 mL oil
375 mL finely chopped raw potatoes
1 can (284 mL) condensed tomato soup
1 mL chili powder
1 can (341 mL) whole kernel corn, drained
Salt and pepper to taste

In an ovenproof skillet, cook meat and onions in oil until onion is tender.

Add potatoes, tomato soup, chili powder, corn, salt and pepper. Mix well. Cover; bake at 180°C for 30 to 40 min.

4 servings.

FIELD CARE OF GAME BIRDS

Birds should be plucked immediately, then drawn and cooled as soon as possible after shooting to prevent spoilage. Since "immediately" is not always possible, the next best thing is to cool the birds. Spread them out breast up on a rack to allow air to circulate around them. When transporting the birds, put the rack on top of the car rather than in the trunk. Avoid stacking the birds or putting them in a pail, basin or plastic bag.

TO PLUCK

1. Pluck birds as soon as possible because feathers "set" as the bird cools. If you pluck the bird in the field, you must keep evidence of sex and species by leaving plumage on the head and one complete wing. Complete the plucking at home.
2. Pluck out all the feathers (except head and one wing if you are in the field). Moistening the fingers occasionally makes the job easier.
3. Remove down from ducks and geese by either dipping the bird in boiling water or using the paraffin wax method. To use wax, melt it in an old shallow pan. Roll the bird in the wax to coat it evenly. Allow the wax to cool until it is plastic; then strip it off. The wax will pull off the down, scale and most pin feathers.
4. Singe the bird over a flame to remove any remaining feathers, down, etc. Brown paper bags or a torch are the best sources of fire. Burning newspaper is a poor choice because the ink will discolor the bird.
5. If you pluck birds in the field, but plan to do the dressing out later, keep them cool by spreading them out on a rack in a cool place. Cover with clean muslin or put in a muslin bag for protection from dirt and flies. Do not use plastic.

TO DRESS OUT

(a) Cut a slit just below breastbone, down to and around the vent.

(b) Remove all the contents. Be sure to take out the lung tissue which is embedded in the ribs.

(c) Cut near base of neck and remove crop.

(d) Rinse body cavity and pat dry with a clean cloth.

(e) Remove oil glands, found on the upper surface of the tail, taking care not to rupture them. These glands will impart a bitter flavor to the meat particularly if the bird is frozen for a long period. You may prefer to remove the entire tail.

(f) Cool immediately.

(g) Cut off the feet at the tarsal joint (where feathers stop). Remove wings at the elbow joint (leave one wing, feathers on, if in the field) and after you are home cut off the second wing and the head along with most of the neck.

"WILD" FLAVOR

Game birds have fine-grained, full flavored meat with very little fat. The characteristic "wild" flavor comes from the oil in the skin of all water birds. If you find this flavor objectionable, you can remove it by skinning the bird. You will then need to add extra fat during cooking or the meat will be dry.

If you want to roast the bird, leave the skin on. Soak the bird in a brine of 15 mL salt to 1 L cold water for 10 to 12 h to get rid of the "wild" flavor. It's best to soak the bird before freezing rather than after thawing.

Cook or freeze birds when they are fresh because the oily flesh quickly becomes rancid.

TO ROAST WILD GAME BIRDS

Birds should be young and plucked rather than skinned.

(1) Remove excess fat and wipe inside and out with a damp cloth.

(2) Stuff the bird with your favorite stuffing — this is a good opportunity to try out that unusual recipe! (If the bird is older or has had a fish diet, stuff loosely with pared carrots or quartered potato and precook for 10 minutes in simmering water). Sew shut or simply tie legs together with string.

(3) Place on a rack in roasting pan and lay bacon strips, fat pork or suet over each bird, or baste often with melted butter.

(4) Roast at 160°C for 1 h/kg.

(5) Small birds (500 g or less) need to be brushed with melted butter and roasted for about 1 to 1.5 h or until tender, basting often.

APRICOT RICE STUFFING

1 L cooked rice (about 375 mL uncooked)
50 mL butter or margarine
125 mL chopped celery
5 mL salt
1 mL pepper
250 mL cooked, chopped, dried apricots

Melt butter. Add celery; cook slowly until tender.

Add rice and gently stir in remaining ingredients. Pack lightly into birds. The stuffing will swell as it cooks.

6 to 8 servings.

TO BRAISE GAME BIRDS

75 mL flour
5 mL salt
1 mL pepper
125 mL fine, dry bread crumbs (optional)
1 to 1.5 kg cut up game bird
Water, milk or egg wash* for dipping
Oil - enough to cover bottom of skillet

Combine flour, salt, pepper and crumbs (if used).

Dip pieces of meat in water, milk, or egg wash; roll in flour mixture.

Brown in hot oil in heavy skillet (15 to 20 min), turning once. Add 50 mL boiling water, cover tightly and simmer gently about 40 min, or until tender. Add more water during cooking, if needed.

* EGG WASH: 1 egg, beaten with 50 mL milk.

VARIATIONS: After browning, add a sauce and bake, covered, at 180°C for about 1 h, or until meat is tender.

SUGGESTIONS:
Broth
Barbecue sauce
50 mL tart jelly added to pan drippings
Sweet and sour sauce
Sour cream
Cream of chicken, celery or mushroom soup, undiluted

4 servings.

TO STEW GAME BIRDS

2 to 3 kg game birds
2 sprigs parsley (optional)
2 stalks celery, cut in pieces (optional)
1 small onion, sliced (optional)
Boiling water

Put the birds in a large pot; add parsley, celery and onion, if desired. Add boiling water to cover. Simmer, covered, for 2 to 3 h or until tender.

Serve with dumplings.

6 to 10 servings.

TETRAZZINI STYLE GAME BIRD

1 package (375 g) noodles
1 can (284 mL) mushrooms, drained
30 mL butter or margarine
30 mL flour
500 mL broth
250 mL evaporated milk, undiluted or cream
5 mL salt
1 mL pepper
Dash nutmeg
500 to 750 mL cooked game bird

Cook the noodles in boiling water; add mushrooms.

Melt butter in a large saucepan; add flour. Stir together until bubbly, then gradually add the broth. Stir until thickened. Add milk, salt, pepper and nutmeg. Pour half the sauce over the noodles and half over the meat.

Put the noodles in a large baking dish; make a hollow in the middle and add the meat. Bake at 180°C for 20 min.

VARIATION: For a typical Italian flavor, sprinkle with Parmesan cheese, before baking.

4 to 6 servings.

STORAGE OF GAME MEAT

Wild game should be stored with the same care as other fresh meat:

Refrigerator

- Raw meat should be wrapped loosely and refrigerated (at or below 4°C).
- Cooked leftovers should be promptly wrapped or covered to prevent drying and refrigerated.
- Game birds and ground meat should be used within one or two days; steaks and chops within three to five days.

Freezer

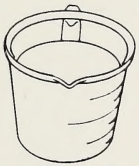
- Big game can be frozen for eight to 12 months.
- Game birds can be frozen for 6 months.

KITCHEN METRICS

VOLUME

Use metric measures for the metric recipes. Measures are marked in millilitres (mL) and are available in the following sizes:

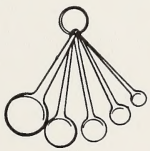
1000 mL = 1L
500 mL
250 mL



250 mL
125 mL
50 mL



25 mL
15 mL
5 mL
2 mL
1 mL



TEMPERATURE

Most commonly used oven temperatures

°C replaces °F		°C replaces °F	
100	200	190	375
140	275	200	400
150	300	220	425
160	325	230	450
180	350		

Refrigerator temperature: 4°C replaces 40°F.
Freezer temperature: — 18°C replaces 0°F.
3°C is about 37°F.

LENGTH

6 mm is about ¼ inch
1 cm (10 mm) is slightly less than ½ inch
3 cm is about 1 inch
5 cm is about 2 inches
15 cm is about 6 inches

N.L.C. - B.N.C.
3 3286 05604777 8